

Vitamin D as an immune modulator in multiple sclerosis

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Vitamin D as an immune modulator in multiple sclerosis

Joost Smolders

Maastricht, 12 mei 2011

1. Patiënten met een ernstiger ziektebeloop van multipele sclerose hebben een slechtere vitamine D status (dit proefschrift).
2. Vitamine D status hangt samen met T cel homeostase in patiënten met multipele sclerose (dit proefschrift).
3. Suppletie van hoge dosis vitamine D aan patiënten met multipele sclerose is veilig op korte termijn (dit proefschrift).
4. Het cytokine-profiel van perifere CD4⁺ T cellen is een goed instrument om de immuun modulerende effecten van vitamine D in multipele sclerose te monitoren (dit proefschrift).
5. Variatie in het vitamine D receptor gen draagt bij aan de vitamine D status van een individu (dit proefschrift).
6. “Wie de wetenschap van de geneeskunde in een directe manier wenst na te volgen, moet eerst de seizoenen van het jaar onderzoeken en wat er daarin gebeurt.”*
**Hippocrates (460 BC)*
7. “En anders, al deed zij dat niet en al hebben wij haar daarom niet altijd van noode – wij moeten haar opzoeken om haarzelfs wille, omdat zij licht en vroolijkheid en kleur brengt in ons huis en in ons leven – een stemming die om frisch en gezond te blijven almede een van onze beste wapenen is!”**
***P. (over de heilzame effecten van zonlicht), Handelsblad 1907*
8. “Een vitamine is een substantie die je ziek maakt als je deze niet eet”*** geldt in Nederland ook voor vitamine D.
****Albert Szent-Gyorgyi, Nobel prijs voor fysiologie of geneeskunde, 1937*
9. De rol van ‘collaborator’ zou in de medische wereld meer waardering moeten krijgen, teneinde het auteursbeleid van peer-reviewed tijdschriften bij grote samenwerkingsverbanden te kunnen handhaven.
10. Het prematuur propageren van een therapeutisch effect van vitamine D brengt het wetenschappelijk onderzoek hiernaar evenzoveel schade toe als het verketteren ervan.
11. Als je goed genoeg kijkt, komen uit één of twee verschillende individuen.

Vitamin D as an immune modulator in multiple sclerosis

Joost Smolders

Maastricht, 12th May 2011

1. Patients with a more severe disease course of multiple sclerosis display a poorer vitamin D status (this thesis).
2. Vitamin D status correlates with T cell homeostasis in patients with multiple sclerosis (this thesis).
3. Supplementation of high doses of vitamin D in patients with multiple sclerosis is safe in the short run (this thesis).
4. The cytokine profile of peripheral CD4⁺ T cells is a good tool to monitor the immune modulating effects of vitamin D in multiple sclerosis (this thesis).
5. Variation in the vitamin D receptor gene contributes to the vitamin D status of an individual (this thesis).
6. "Whoever wishes to pursue the science of medicine in a direct way, needs to assess the seasons of the year and what happens in them."*
**Hippocrates (460 BC)*
7. "And otherwise, if she would not be doing this and we would not need her for these purposes – we should look out for her for her own sake, because she brings colour and joy in our houses and in our lives – a state of mind which is by itself one of our best tools to remain fresh and healthy!"**
***P. (about the beneficial effects of sunlight for human health), Handelblad 1907*
8. "A vitamin is a substance which makes you ill if you do not eat it"*** accounts in The Netherlands also for vitamin D.
****Albert Szent-Gyorgvi, Nobel Prize in Physiology or Medicine, 1937*
9. The role of 'collaborator' should gain more appreciation in the medical world, in order to retain the authorship recommendations of peer-reviewed journal in large cooperative projects.
10. Propagating prematurely a therapeutic effect of vitamin D inflicts as much damage to scientific research in this area as denying it.
11. If you look very carefully, two distinct individuals can arise from the same egg.